

Dear Parents or Caregivers:

During this school year, your child will be participating in the Family Nutrition Program (FNP), provided by Seminole County Extension Services in partnership with the University of Florida's Institute of Food and Agricultural Sciences. Participation in FNP will help your child gain the knowledge, skills, and attitudes for a healthy diet. It is our hope that your child will bring this new information home and share it with your family to help improve your family diet and nutritional well-being.

FNP will be presented once a month by Extension Services staff. We will leave behind fun activities and games for your child's teacher to use throughout the month to reinforce the monthly nutrition topic. Through FNP, your child will learn about the following nutrition related topics:



- MyPyramid
- Whole Grains
- Healthy Snacking
- Label Reading
- Fruits and Vegetables
- Portion Control
- Vitamins and Minerals



Your child will take part in hands on activities including fun physical activities, nutrition themed dancing and singing, as well as helping to make a nutritious snack related to each lesson.

We know you are very busy but we need your help to make these lessons a success. It's easy. Talk to your child about what he or she has learned. Support your child's eating and fitness goals. Discuss the snack they tried during their lesson. If you have any questions just ask us.

Seminole County Extension Services also provides nutrition education for parents and caregivers of children under 18 years old through their Expanded Food and Nutrition Education Program (EFNEP). If you are interested in learning more about how to improve your diet and your family's diet, please contact us!



Sincerely,

Seminole County FNP Team

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